

GYM101 Höst/vinter Schema 2024!

Måndag

09:00-10:00	Pulls Pass 60
10:00-11:00	Yoga 60
17:45-18:15	Spinning 30
18:20-19:10	ABS & ASS 45
19:15-20:10	Strong Fitness 55

Tisdag

09:00-10:00	Core 60
17:50-18:20	Tabata Spinning 30
18:30-19:15	Tabata Pump 45

Onsdag

17:45-18:30	Spinning 45
18:35-19:15	Fitness Box

Torsdag

17:30-18:15	Body Circel
18:30-19:00	Spin Express 30
19:10-20:15	Strong Fitness 55

Fredag

08:30-09:00	Spinning 30
09:10-09:55	Cirkel Styrka 45

Lördag

09:00-09:45	Tabata Pump 45
10:00-11:00	HIT-Puls / Strength 60



GYM 101
FITNESS I ANDERSLÖV

